

SOUTH ESSEX CROSS COUNTRY LEAGUE 2019/2020

DIVISIONS ONE, TWO & THREE

3rd ROUND - ONE TREE HILL

12th January 2020

**HELD UNDER UK ATHLETICS RULES
CROSS COUNTRY PERMIT NUMBER U 3340**

INDIVIDUAL WINNERS

26:56:58 First Man Tom Beedell Brentwood Running Club
29:09:97 First Woman Alexa Joel Billericay Sriders

TEAM RESULTS

Division One

Pos	Club	Men	Women	Total	TOTAL	Points
1st	Leigh-on-Sea Striders	118	37	155	155	4
2nd	Benfleet RC	91	74	165	165	3
3rd	Billericay Striders	192	22	214	214	2
4th	East Essex Tri	376	201	577	577	1

Division Two

Pos	Club	Men	Women	Total	TOTAL	Points
1st	Brentwood RC	122	65	187	187	4
2nd	Rochford RC	205	101	306	306	3
3rd	Barking Road Runners	379	203	582	582	2
4th	Tri Sport Epping	526	132	658	658	1

Division Three

Pos	Club	Men	Women	Total	TOTAL	Points
1st	Castle Point	305	205	510	510	4
2nd	Pitsea RC	539	246	785	785	3

3rd	Havering 90 Joggers	587	225	812	812	2
4th	Dagenham 88	946	257	1203	1203	1

N.B. *Division 1 = 7 men (2 vets) & 4 women (1 vet) to score*
Divisions 2 & 3 = 6 Men (2 vets) & 4 women (1 vet) to score

Runners	Men	Women	Total
Barking Road Runners	19	11	30
Benfleet RC	29	13	42
Billericay Striders	20	15	35
Brentwood RC	15	10	25
Castle Point Joggers	30	19	49
Dagenham 88	6	8	14
East Essex Tri	17	8	25
Havering 90 Joggers	19	13	32
Leigh-on-Sea Striders	40	29	69
Pitsea RC	13	10	23
Rochford RC	18	19	37
Tri Sport Epping	8	6	14
TOTAL	234	161	395

Position	Name	Vet	Club	Time
1	Alexa Joel		Billericay Striders	00:29:09.970
2	Sinead Clark		Benfleet Running Club	00:31:05.680
3	Sarah Worley		Billericay Striders	00:31:35.520
4	Claire Baglin		Billericay Striders	00:32:45.050
5	Eleanor Johnson		Leigh on Sea Striders	00:32:59.620
6	Stephanie Milliorini		Leigh on Sea Striders	00:33:04.040
7	Kathleen Short	V	Brentwood Running Club	00:33:05.780
8	Sam Cone		Leigh on Sea Striders	00:33:15.990
9	Hannah Linehan		Rochford Running Club	00:33:56.080
10	Eloise Smith		Brentwood Running Club	00:34:03.680
11	Debbie Coyle	V	Barking Road Runners	00:34:41.540
12	Emily Ballard		Billericay Striders	00:35:01.960
13	Hollie Boyd		Leigh on Sea Striders	00:35:19.890
14	Barbara Aldridge	V	Billericay Striders	00:35:20.240
15	Sarah Jeffery		Leigh on Sea Striders	00:35:41.500
16	Stephanie Phillips		Havering 90 Joggers	00:36:26.720
17	Jade Edwards		Tri Sport Epping	00:36:43.010
18	Katie Spicer	V	Leigh on Sea Striders	00:37:08.220
19	Nicola Evans	V	Benfleet Running Club	00:37:16.360
20	Jess Bell	V	Tri Sport Epping	00:37:33.100
21	Charlotte Olson		Brentwood Running Club	00:37:36.520
22	Katie Wilkinson		Benfleet Running Club	00:37:43.270
23	Danielle Roberts		Rochford Running Club	00:38:02.960
24	Tina Golubeva		Pitsea Running Club	00:38:17.990

25	Christina Edwards	V	Castle Point	00:38:23.500
26	Emma Conroy	V	Rochford Running Club	00:38:24.300
27	Marijke Van Eetvelde	V	Brentwood Running Club	00:38:38.310
28	Alice Brackley		Castle Point	00:38:46.820
29	Emma Blainey		Leigh on Sea Striders	00:38:49.850
30	Maxin Brown	V	Barking Road Runners	00:38:56.740
31	Heidi Nevin	V	Benfleet Running Club	00:39:06.700
32	Helen Kidgell		Leigh on Sea Striders	00:39:09.460
33	Nina Barrett	V	Brentwood Running Club	00:39:25.460
34	Emma De Cruz		Billericay Striders	00:39:45.340
35	Chris Deacon	V	Billericay Striders	00:39:52.700
36	Emily Leak	V	Tri Sport Epping	00:40:28.050
37	Deborah Hall		East Essex Tri	00:40:30.990
38	Ruth Havis	V	Billericay Striders	00:40:34.580
39	Michelle Lane		Leigh on Sea Striders	00:40:38.570
40	Hannah Shiekh	V	Dagenham 88 Runners	00:40:42.110
41	Gail Alexander		Leigh on Sea Striders	00:40:44.720
42	Carol Drake		Leigh on Sea Striders	00:40:48.360
43	Lian Simmonds	V	Rochford Running Club	00:40:48.970
44	Hannah Horsburgh		Rochford Running Club	00:40:49.990
45	Shannon Wennington		East Essex Tri	00:40:51.030
46	Tina Reeve		Leigh on Sea Striders	00:41:14.580
47	Shona Browning	V	Billericay Striders	00:41:23.830
48	Mary Lloyd	V	Brentwood Running Club	00:41:26.690
49	Hannah Simkin		Rochford Running Club	00:41:27.700

50	Tania Hagan		Leigh on Sea Striders	00:41:30.060
51	Liane Conners	V	Benfleet Running Club	00:41:31.440
52	Elisha Letley		Leigh on Sea Striders	00:41:32.160
53	Emma Hatcher		Brentwood Running Club	00:41:59.680
54	Anna Meggit		East Essex Tri	00:42:00.340
55	Jo Ling	V	Billericay Striders	00:42:02.750
56	Kate Pettit	V	Havering 90 Joggers	00:42:18.900
57	Nina Wu		Billericay Striders	00:42:27.050
58	Emma Dudman	V	Dagenham 88 Runners	00:42:43.740
59	Georgina Peters	V	Tri Sport Epping	00:42:48.240
60	Kelly McClenaghan	V	Benfleet Running Club	00:42:53.990
61	Charlotte Owen		Barking Road Runners	00:42:56.400
62	Surijit Grewal	V	Brentwood Running Club	00:43:15.560
63	Jeanette Taylor	V	Rochford Running Club	00:43:16.520
64	Jenny Ackroyd		Dagenham 88 Runners	00:43:27.450
65	Victoria Hopkins	V	East Essex Tri	00:43:28.120
66	Emma Bolton		Havering 90 Joggers	00:43:46.750
67	Kerry Slesser		Leigh on Sea Striders	00:44:10.370
68	Gina Gordon-Harris	V	East Essex Tri	00:44:13.460
69	Linda Mountford	V	Castle Point	00:44:16.660
70	Lesley Smart	V	Billericay Striders	00:44:18.860
71	Kathy Scourfield	V	Billericay Striders	00:44:22.400
72	Carolyn Brenchley	V	Billericay Striders	00:44:26.880
73	Liz Cox		Pitsea Running Club	00:44:29.110
74	Jo Pearce	V	Pitsea Running Club	00:44:36.600

75	Nhicola Chitticks	V	Pitsea Running Club	00:44:46.560
76	Emma Flin	V	East Essex Tri	00:44:47.640
77	Collette Toal	V	Rochford Running Club	00:44:50.720
78	Lauren Guichard		Rochford Running Club	00:44:55.740
79	Angela Smith	V	Pitsea Running Club	00:45:06.460
80	Annette Johnson	V	Benfleet Running Club	00:45:12.030
81	Roxanne George		Leigh on Sea Striders	00:45:12.920
82	Jenni Paterson		Leigh on Sea Striders	00:45:28.650
83	Tina Burton	V	Castle Point	00:45:29.250
84	Cheryl Macdonald	V	Pitsea Running Club	00:45:36.500
85	Chloe Still		Castle Point	00:45:38.800
86	Tracy Hooper	V	Rochford Running Club	00:45:40.740
87	Lara Harradine		Havering 90 Joggers	00:45:41.950
88	Jo-Anne Hall		Leigh on Sea Striders	00:45:49.380
89	Debbie Priest		Leigh on Sea Striders	00:45:55.110
90	Lyne Wade	V	Havering 90 Joggers	00:46:00.460
91	Charlotte Killingback		Pitsea Running Club	00:46:09.020
92	Jacqui Knowles	V	Rochford Running Club	00:46:17.930
93	Debbie Robertson	V	Benfleet Running Club	00:46:25.520
94	Vicki Calleja		Brentwood Running Club	00:47:04.030
95	Jane Swanson	V	Dagenham 88 Runners	00:47:13.440
96	Cassie Bryant		Dagenham 88 Runners	00:47:17.500
97	Stacey Harmer	V	Brentwood Running Club	00:47:18.400
98	Sarah de Cristofano	V	Benfleet Running Club	00:47:25.060
99	Laura Hemsworth		Castle Point	00:47:38.240

100	Nicola Rudgley	V	Pitsea Running Club	00:47:43.300
101	Natalie Traylan	V	Barking Road Runners	00:47:44.740
102	Catherine Patterson		Leigh on Sea Striders	00:47:47.080
103	Bridgette Bradley	V	Rochford Running Club	00:47:54.140
104	Amanda Skeggs	V	Castle Point	00:47:58.360
105	Gillian Harrison	V	Pitsea Running Club	00:48:04.560
106	Melissa Gilmour	V	Havering 90 Joggers	00:48:17.590
107	Lisa Westwick		Leigh on Sea Striders	00:48:23.050
108	Tina Victory	V	Castle Point	00:48:29.840
109	Caz O'Haire	V	Tri Sport Epping	00:48:32.260
110	Isobel		Barking Road Runners	00:48:37.680
111	Veronica Barikor	V	Barking Road Runners	00:48:43.210
112	Kerry Wilkes	V	Rochford Running Club	00:48:44.220
113	Linda Dutton	V	Rochford Running Club	00:48:48.440
114	Sarah Hemsworth	V	Castle Point	00:48:55.880
115	Theresa Philips		Leigh on Sea Striders	00:48:56.410
116	Chloe White		Billericay Striders	00:49:40.580
117	Rabea Begum		Barking Road Runners	00:49:57.660
118	Pat Green	V	Tri Sport Epping	00:50:01.370
119	Emma Tongye	V	Havering 90 Joggers	00:50:04.050
120	Jess Ellis		Leigh on Sea Striders	00:50:05.210
121	Sally McKeown		Leigh on Sea Striders	00:50:06.040
122	Bev Markham	V	Castle Point	00:50:11.380
123	Heather Brown		Rochford Running Club	00:50:15.350
124	Dawn Blake	V	Barking Road Runners	00:50:38.370

125	Amelia Howe		Leigh on Sea Striders	00:50:53.920
126	Lynn Rivers		Leigh on Sea Striders	00:50:57.850
127	Debs Sully	V	Rochford Running Club	00:51:46.080
128	Maria Brill	V	Havering 90 Joggers	00:52:04.150
129	Laura Kelly	V	Havering 90 Joggers	00:52:06.620
130	Ellen McPhillips		Leigh on Sea Striders	00:52:14.580
131	Janet Head	V	Pitsea Running Club	00:52:24.070
132	Clare Boston	V	East Essex Tri	00:52:48.300
133	Vicki Andretti	V	East Essex Tri	00:52:48.640
134	Cathy Salmon		Leigh on Sea Striders	00:53:06.300
135	Joanne Reeves	V	Castle Point	00:53:11.610
136	Karen Batt	V	Castle Point	00:54:03.060
137	Alison Fryett	V	Barking Road Runners	00:54:16.300
138	Michelle Roberts		Leigh on Sea Striders	00:54:20.860
139	Karen Avison		Castle Point	00:54:30.660
140	Sue Morton	V	Benfleet Running Club	00:54:38.250
141	Kay Gill	V	Castle Point	00:54:40.640
142	Lesley Edbrook	V	Rochford Running Club	00:57:17.740
143	Melisa Lowdnes	V	Barking Road Runners	00:58:03.500
144	Samantha Evans	V	Castle Point	00:58:28.020
145	Nikki Craner	V	Barking Road Runners	00:59:20.400
146	Lynne Northcott	V	Dagenham 88 Runners	00:59:48.470
147	Christine Judge	V	Benfleet Running Club	01:00:16.430
148	Clair Medhurst		Rochford Running Club	01:00:17.140
149	Laura Dobie		Havering 90 Joggers	01:00:28.800

150	Josey Hughes	V	Havering 90 Joggers	01:00:49.210
151	Susan Campbell	V	Havering 90 Joggers	01:01:07.340
152	Kerry Housego	V	Havering 90 Joggers	01:01:08.630
153	Beverley Newman	V	Castle Point	01:02:39.180
154	Valerie McCullugh	V	Castle Point	01:02:39.710
155	Shelley Edmeades	V	Rochford Running Club	01:02:47.160
156	Tracey Powell		Benfleet Running Club	01:03:42.340
157	Laura McDermott		Benfleet Running Club	01:03:43.110
158	Richeie Cockley	V	Dagenham 88 Runners	01:05:28.040
159	Jacqui Elliott	V	Dagenham 88 Runners	01:05:38.160
160	Michelle Frogley	V	Castle Point	01:06:10.050
161	Jayne Hayward	V	Castle Point	01:06:10.400

Position	Name	Vet	Club	Time
1	Tom Beedell		Brentwood RC	00:26:56.580
2	Lee Baynton		Benfleet RC	00:27:40.560
3	James Calden		Benfleet RC	00:28:00.200
4	Matibini Matibini		Leigh on Sea Striders	00:28:06.820
5	Chris Wayman		Benfleet RC	00:28:30.810
6	Luke Gill		East Essex Tri	00:28:45.760
7	Michael Wilkes	V	Rochford RC	00:28:50.920
8	George Elliot		Billericay Striders	00:28:59.290
9	David Doel		Brentwood RC	00:29:04.560
10	Bob Sporle		Leigh on Sea Striders	00:29:06.150
11	Michael Feltham		Benfleet RC	00:29:33.440
12	Ian Toak	V	Rochford RC	00:29:35.420
13	Stuart Cable		Leigh on Sea Striders	00:29:39.280
14	William Wu	V	Billericay Striders	00:29:40.730
15	Tom Metcalf		Leigh on Sea Striders	00:29:44.280
16	Kieran Feltham		Benfleet RC	00:29:57.760
17	Peter Barrett	V	Brentwood RC	00:30:01.350
18	Joe Stacey		Barking Road Runners	00:30:09.720
19	Aaron Gosling		Leigh on Sea Striders	00:30:18.510
20	Adam Hemsworth		Castle Point	00:30:19.810
21	Barry Weldon		Billericay Striders	00:30:26.500
22	Dave Butler	V	Billericay Striders	00:30:33.160
23	Billy Burroughs		Benfleet RC	00:30:34.970
24	Daniel Awood		Havering 90 Joggers	00:30:36.450
25	Matt Bird	V	Benfleet RC	00:30:51.160

26	Sean McFarlane	V	Leigh on Sea Striders	00:30:51.500
27	Phil Price	V	Brentwood RC	00:30:52.910
28	Simon Lashmar	V	Billericay Striders	00:30:55.820
29	Graham Booty	V	Benfleet RC	00:31:00.810
30	Daniel Jaycock	V	Brentwood RC	00:31:04.870
31	Matt Barrett	V	Leigh on Sea Striders	00:31:12.120
32	Matt Lowman	V	Tri Sport Epping	00:31:16.540
33	Andy Low	V	Benfleet RC	00:31:17.750
34	Ben Horsburgh		Rochford RC	00:31:25.820
35	Ian George	V	East Essex Tri	00:31:28.490
36	Steve Churchyard		Benfleet RC	00:31:30.870
37	Mike Woodward	V	Pitsea RC	00:31:33.110
38	Terry Allen	V	Brentwood RC	00:31:36.250
39	James Burns		Leigh on Sea Striders	00:31:42.060
40	Jerry Bethell		Leigh on Sea Striders	00:31:43.060
41	James Lowdnes	V	Barking Road Runners	00:31:53.730
42	Andy Wright	V	Billericay Striders	00:31:59.470
43	Simon Theobald	V	Tri Sport Epping	00:32:08.810
44	Roy Harwood	V	Benfleet RC	00:32:11.030
45	Chris Webster	V	Rochford RC	00:32:21.420
46	Richard Bonham	V	Castle Point	00:32:26.880
47	Kieran Neary		Castle Point	00:32:29.150
48	Martin Palmer	V	East Essex Tri	00:32:32.160
49	Pete Stalley	V	Benfleet RC	00:32:42.700
50	Brian Wenton	V	Benfleet RC	00:32:45.860

51	Tony Hyde	V	Pitsea RC	00:32:56.260
52	Ian O'Neill	V	Brentwood RC	00:33:00.950
53	Todd Harding		Rochford RC	00:33:03.320
54	Phil Nippard		Rochford RC	00:33:05.340
55	Antony Moon		Castle Point	00:33:10.790
56	Paul Ruffy	V	Benfleet RC	00:33:18.950
57	Mark Gowers	V	Billericay Striders	00:33:20.060
58	Andy Muir	V	Brentwood RC	00:33:22.100
59	Alan Clark	V	Benfleet RC	00:33:23.900
60	Neal Marlow		Leigh on Sea Striders	00:33:24.530
61	David Cox	V	East Essex Tri	00:33:25.060
62	Terry Knightley	V	Billericay Striders	00:33:26.790
63	Ian Pike	V	Benfleet RC	00:33:29.130
64	Adam Poulton	V	Castle Point	00:33:34.540
65	Lukasz Sacharzewski		Leigh on Sea Striders	00:33:35.530
66	Bill Smith	V	East Essex Tri	00:33:37.030
67	Joel Denning	V	Dagenham 88 Runners	00:33:37.890
68	Tom Overing		Rochford RC	00:33:39.660
69	Paul Withyman	V	Barking Road Runners	00:33:44.960
70	Josh Leak		Tri Sport Epping	00:33:46.530
71	Alex Childs		Leigh on Sea Striders	00:33:50.190
72	Chris Sellers	V	Rochford RC	00:33:54.250
73	Martin Howlett	V	Castle Point	00:33:55.420
74	Rory Burr		Barking Road Runners	00:33:57.390
75	Michael Greenslade	V	East Essex Tri	00:33:58.740

76	Phil Olsen	V	Brentwood RC	00:34:02.800
77	Matt Phillips	V	Billericay Striders	00:34:12.520
78	Cliff King	v	Castle Point Joggers	00:34:15.160
79	Jim Price	V	Pitsea RC	00:34:21.620
80	Nick Rankin	V	Benfleet RC	00:34:22.890
81	Tony Mead	V	Benfleet RC	00:34:30.840
82	Alan Butler	V	Brentwood RC	00:34:32.050
83	Gary Hunt	V	Havering 90 Joggers	00:34:34.100
84	Phil Cooper	V	Billericay Striders	00:34:37.160
85	Jonathan Maskell		East Essex Tri	00:34:42.350
86	Trevor Cooper		Barking Road Runners	00:34:48.500
87	Ray Brooks	V	East Essex Tri	00:34:48.910
88	Paul Thornton	V	Tri Sport Epping	00:34:49.310
89	Steve Joslin		Leigh on Sea Striders	00:34:54.470
90	Marc Outten	V	Rochford RC	00:34:57.620
91	Michael Bird		Barking Road Runners	00:35:11.480
92	Ian Booker	V	Brentwood RC	00:35:13.720
93	Samuel Hill		East Essex Tri	00:35:14.440
94	Doug Stephens	V	Benfleet RC	00:35:16.820
95	Dave Sherman		Havering 90 Joggers	00:35:17.650
96	Graeme Edwards	V	Castle Point Joggers	00:35:27.800
97	Steve Foggo	V	Billericay Striders	00:35:28.880
98	Danny Flint		Leigh on Sea Striders	00:35:36.360
99	Peter Harley	V	East Essex Tri	00:35:44.240
100	Nick Jelley	V	Billericay Striders	00:35:45.630

101	Darren Lock		Leigh on Sea Striders	00:35:46.120
102	Alasdair Daw	V	Billericay Striders	00:35:47.340
103	Martin Page	V	Barking Road Runners	00:35:48.680
104	Andreas Kloeppe	V	Rochford RC	00:35:53.780
105	Scott Fry		Benfleet RC	00:35:54.370
106	Mark Samuels		Leigh on Sea Striders	00:35:55.560
107	Michael Gould	V	Pitsea RC	00:35:58.080
108	Darren Colderwood		Leigh on Sea Striders	00:36:07.500
109	Bruce Gander		Leigh on Sea Striders	00:36:08.850
110	Niki Read		Leigh on Sea Striders	00:36:12.970
111	Phil Priest		Leigh on Sea Striders	00:36:17.880
112	Robert Reader	V	East Essex Tri	00:36:24.070
113	Ian Wilson		Rochford RC	00:36:28.010
114	John Sweeney	V	Castle Point Joggers	00:36:32.960
115	Paul Agastina	V	Pitsea RC	00:36:35.690
116	James MacNish	Porte V	Brentwood RC	00:36:39.360
117	Anthony Leckerman	V	Barking Road Runners	00:36:41.060
118	Theo Bahannack		Leigh on Sea Striders	00:36:46.200
119	Ovy Hildreth	V	Havering 90 Joggers	00:36:48.940
120	Colin Dunn	V	Castle Point Joggers	00:36:52.250
121	Peter Osborne	V	Castle Point Joggers	00:36:56.030
122	Rob Burns		Leigh on Sea Striders	00:36:58.540
123	Simon Rawlings	V	East Essex Tri	00:37:05.790
124	Andrew Lawrence	V	East Essex Tri	00:37:11.610
125	David Blockley		Leigh on Sea Striders	00:37:13.580

126	Matt Cops		Benfleet RC	00:37:25.010
127	Nick Lowman		Leigh on Sea Striders	00:37:26.410
128	Gary Cardnell	V	Dagenham 88 Runner	00:37:27.390
129	Lloyd Richardson		Leigh on Sea Striders	00:37:28.950
130	Joaquin Polo	V	Havering 90 Joggers	00:37:33.350
131	David Ward		Leigh on Sea Striders	00:37:39.730
132	Mike Grout	V	East Essex Tri	00:37:45.660
133	Paul Champion		Leigh on Sea Striders	00:37:47.650
134	Arran Salmon		Leigh on Sea Striders	00:37:50.560
135	Michael Bebbington	V	Benfleet RC	00:37:59.360
136	Tony Collins	V	Havering 90 Joggers	00:38:04.060
137	John George	V	Barking Road Runners	00:38:05.910
138	Dave Mansfield	V	Brentwood RC	00:38:07.250
139	Steve Billington	V	Benfleet RC	00:38:11.090
140	Gary Rowley		Leigh on Sea Striders	00:38:15.500
141	Dave Flanagan	V	Castle Point Joggers	00:38:31.440
142	Keith Muggleton	V	East Essex Tri	00:38:32.790
143	Ian Banthorpe	V	Castle Point Joggers	00:38:33.500
144	Roger Winston	V	Havering 90 Joggers	00:38:37.630
145	Justin Burton	V	Castle Point Joggers	00:38:42.620
146	Phil Baker	V	Tri Sport Epping	00:38:46.890
147	Darren Hutchinson	V	Tri Sport Epping	00:39:01.040
148	Rob West		Leigh on Sea Striders	00:39:05.660
149	Luke Burkett		Leigh on Sea Striders	00:39:12.030
150	George Gager	V	Pitsea RC	00:39:15.240

151	Colin White	V	Billericay Striders	00:39:26.000
152	Frank Schubert	V	Havering 90 Joggers	00:39:33.100
153	John Colby	V	Rochford RC	00:39:38.180
154	Ricky Lee	V	Billericay Striders	00:39:39.980
155	Kevin Partridge	V	Tri Sport Epping	00:39:49.980
156	James Austin	V	Castle Point Joggers	00:39:54.440
157	Alex Mitchell		East Essex Tri	00:39:55.400
158	Brian Sorenson	V	Benfleet RC	00:40:01.320
159	Bruce Mail	V	Havering 90 Joggers	00:40:06.790
160	Richard Harmer	V	Brentwood RC	00:40:07.350
161	Dave Everett		Rochford RC	00:40:08.280
162	Justin Macal	V	Castle Point Joggers	00:40:15.210
163	Missing token			
164	Nick Giannotti	V	Castle Point Joggers	00:40:56.140
165	Darren Radford	V	Havering 90 Joggers	00:41:00.660
166	Ron Vials	V	Barking Road Runners	00:41:08.860
167	Tim Rumble	V	Castle Point Joggers	00:41:19.850
168	David Beatty	V	Pitsea RC	00:41:25.660
169	Rick Deacon	V	Billericay Striders	00:41:28.790
170	Dave Dutton	V	Rochford RC	00:41:36.560
171	Daniel Cracknell	V	Tri Sport Epping	00:41:44.060
172	Rob Kleider	V	East Essex Tri	00:41:50.750
173	Graham Douglass	V	Benfleet RC	00:41:55.640
174	Andy Beazley	V	Dagenham 88 Runner	00:42:02.690
175	Ian Barton	V	Billericay Striders	00:42:24.250

176	Robert Downward		Leigh on Sea Striders	00:42:25.720
177	Luke Bonham		Castle Point Joggers	00:42:30.440
178	Ian Cumins	V	Dagenham 88 Runner	00:42:34.560
179	Ian Bartram	V	Castle Point Joggers	00:42:35.960
180	Chris Ruffle		Rochford RC	00:42:41.670
181	Rob Deacon	V	Billericay Striders	00:42:42.660
182	Phil Stanfield	V	Pitsea RC	00:42:44.280
183	Barry Culling		Barking Road Runners	00:43:02.760
184	James Griffith		Leigh on Sea Striders	00:43:05.800
185	Wally James		Leigh on Sea Striders	00:43:06.680
186	Andrew Gwilliam	V	Barking Road Runners	00:43:09.970
187	Andy Pearson	V	Rochford RC	00:43:18.070
188	Gary Clifford	V	Castle Point Joggers	00:43:21.470
189	Garry Staines	V	Castle Point Joggers	00:43:25.970
190	Nehal Patel		Barking Road Runners	00:43:28.320
191	Bruce Knowles	V	Havering 90 Joggers	00:43:33.260
192	Kevin Judge	V	Benfleet RC	00:43:58.660
193	Gareth Smith	V	Castle Point Joggers	00:44:07.090
194	Keith Nevett	V	Castle Point Joggers	00:44:24.700
195	John Hughes		Dagenham 88 Runner	00:44:34.760
196	Tim Ketterer		Leigh on Sea Striders	00:44:39.460
197	Ron Seddon	V	Havering 90 Joggers	00:44:49.320
198	Keith Walker	V	Billericay Striders	00:44:53.610
199	Tony Gray	V	Havering 90 Joggers	00:44:59.820
200	Michael Williams	V	Pitsea RC	00:45:07.280

201	David Spriggs	V	Pitsea RC	00:45:09.430
202	Ian Caldwell		Benfleet RC	00:45:10.880
203	Martin Mason	V	Barking Road Runners	00:45:27.550
204	Michael Peggall		Dagenham 88 Runner	00:45:35.350
205	Ty McKeown	V	Castle Point Joggers	00:45:44.280
206	Lee Jay	V	Barking Road Runners	00:46:07.360
207	Nic Rivers		Leigh on Sea Striders	00:46:17.560
208	Mike Hayward	V	Castle Point Joggers	00:46:25.560
209	Terry Allen	V	Benfleet RC	00:46:52.670
210	Ian Walker	V	Castle Point Joggers	00:46:59.450
211	Simon Hainsworth		Rochford RC	00:47:12.720
212	Andy Debnam	V	Castle Point Joggers	00:47:16.450
213	Mo Shofiwzzaman	V	Benfleet RC	00:47:25.440
214	Graham Jones	V	Billericay Striders	00:47:27.500
215	Stan Coleman	V	Brentwood RC	00:47:31.080
216	Bernard Savage	V	Havering 90 Joggers	00:47:32.750
217	Ray Monaghan		Leigh on Sea Striders	00:47:41.250
218	Jason Li	V	Barking Road Runners	00:47:46.380
219	Nick McCullagh	V	Castle Point Joggers	00:48:01.650
220	Brian Slade	V	Havering 90 Joggers	00:48:07.320
221	John Hetterley	V	Havering 90 Joggers	00:49:27.010
222	Gavin Davies		Pitsea RC	00:50:18.720
223	Henry Monaghan	V	Havering 90 Joggers	00:50:53.530
224	John Wilkinson	V	Pitsea RC	00:51:06.670
225	Tom Webster		Rochford RC	00:51:09.190

226	Tom Coughlin		Barking Road Runners	00:51:17.280
227	Steve Sheekey	V	Havering 90 Joggers	00:52:02.510
228	Jim Jennett		Leigh on Sea Striders	00:52:34.400
229	David Walker		Leigh on Sea Striders	00:53:47.970
230	Gregory Adams	V	Barking Road Runners	00:53:55.500
231	Keith Dorrington	V	Castle Point Joggers	00:54:10.960
232	Brian Cross	V	Havering 90 Joggers	00:56:11.880
233	Peter McLaughlin	V	Pitsea RC	00:57:51.010
234	Chris Holmes		Leigh on Sea Striders	01:03:02.230
235	Micky Ball	V	Barking Road Runners	01:13:51.880